




# 2022 September Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>09/09 Kathleen B. 09/26 Madeline S. 09/27 Gwen J. 09/30 Kathleen S</p>		<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 Creative Art Class 1:30 Manicures &amp; Hand Massages 2:30 Ladder Ball Game 3:30 Lower Body Fitness 6:30 Movie: Resident's Choice 7:10 <b>MLB: Red Sox vs Texas</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 11:00 Pet Therapy Session 1:30 Afternoon Stroll 2:30 <b>Arts and Crafts with Mary</b> 4:00 <b>Namaste Wellness Chair Tai Chi</b> 6:30 Grace and Frankie 7:10 <b>MLB: Red Sox vs Texas</b></p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 Green Thumb's Club 1:30 Chair Dance 2:30 <b>Manicures &amp; Hand Massages</b> 3:30 Guided Meditation 4:10 <b>MLB: Red Sox vs Texas</b> 6:30 Short Stories Session 7:00 Game Show Gathering</p>
<p>9:30 Daily Chronicle 10:00 Sunday Service 11:00 <b>Cornhole Competition</b> 1:35 <b>MLB: Red Sox vs Texas</b> 2:00 Fun and Table Games 2:30 <b>Afternoon Bingo</b> 3:30 Reminiscence: What Did it Cost? 6:30 Armchair Travel: "Rick Steve's Travelogue"</p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 10:30 <b>Yoga with Suzanne</b> 11:00 <b>Pet Therapy Session</b> 1:30 In the Kitchen: "Snow Cones" 2:30 Zumba Chair Fitness 3:30 Adult Coloring Group 4:10 <b>MLB: Red Sox vs. Tampa Bay</b> 6:30 The Golden Girls</p>	<p>9:30 Daily Chronicle 10:00 <b>Namaste Wellness Chair Pilates</b> 11:00 <b>Arts and Crafts with Mary</b> 1:30 <b>Resident Council</b> 2:00 <b>Live Entertainment: "Mark Davis"</b> 3:30 Discussion Groups 6:30 Game Show Trivia 6:40 <b>MLB: Red Sox vs Tampa Bay</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 11:00 <b>Live Entertainment: "Montello North"</b> 12:00 <i>Outing: 99 Restaurant</i> 1:30 Mindful Mandalas 2:30 iN2L Explorations 4:00 <b>Namaste Wellness Chair Yoga</b> 6:30 I Love Lucy Marathon 6:40 <b>MLB: Red Sox @ Tampa Bay</b></p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 10:30 <b>Live Entertainment: "Mark West"</b> 1:30 Manicures &amp; Hand Massages 2:30 <b>Finish the Phrase</b> 3:30 Lower Body Fitness 6:30 Movie: Resident's Choice 7:00 Music and Relaxation Hour</p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 11:00 <b>Pet Therapy Session</b> 1:30 Afternoon Stroll 2:30 Puzzle Enthusiast Group 4:00 <b>Namaste Wellness Chair Tai Chi</b> 6:30 Grace and Frankie 7:05 <b>MLB: Red Sox @ Baltimore</b></p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 <b>Green Thumb's Club</b> 1:30 Afternoon Bingo 2:30 <b>Manicures &amp; Hand Massages</b> 3:30 Guided Meditation 6:30 Reading and Relaxation Hour 7:05 <b>MLB: Red Sox @ Baltimore</b></p>
<p><b>Happy Grandparents Day</b> 9:30 This Day in History 10:00 Catholic Mass on TV 11:00 <b>Cornhole Competition</b> 1:00 <b>NFL: Patriots @ Miami</b> 1:30 <b>NALW: Grandparents Day Celebration</b> 2:30 Afternoon Bingo 3:30 Reminiscence: 50's &amp; 60's Music 6:30 Armchair Travel: "Rick Steve's Travelogue"</p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 10:30 <b>Yoga with Suzanne</b> 11:00 <b>NALW: Pet Therapy Show</b> 1:30 Cooks in the Kitchen 2:30 <b>NALW: Creative Art Class "Collage Making Hour"</b> 3:30 Adult Coloring Group 4:00 <b>Namaste Wellness Chair Yoga</b> 6:30 The Golden Girls</p>	<p>9:30 Daily Chronicle 10:00 <b>Namaste Wellness Chair Pilates</b> 11:00 <b>NALW: Arts and Crafts with Mary</b> 1:30 Finish the Lyrics 2:00 <b>Live Entertainment: "Bill Burke"</b> 3:30 Discussion Groups 6:30 Game Show Trivia 7:10 <b>MLB: Red Sox vs NY Yankees</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Drum Circle Session with SSC</b> 11:00 iN2L Explorations 12:00 <b>NALW: Outing: The Ocean Kai</b> 1:30 Mindful Mandalas 2:00 <b>Live Entertainment: "Frank Ryan"</b> 4:00 <b>Namaste Wellness Chair Yoga</b> 7:10 <b>MLB: Red Sox vs NY Yankees</b></p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 <b>Live Entertainment: "Holly Sommers"</b> 1:30 <b>NALW: Ladies Spa Day</b> 2:30 <b>Finish the Phrase</b> 3:30 Lower Body Fitness 6:30 Grace and Frankie 7:00 Music and Relaxation Hour</p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 11:00 <b>NALW: Live Entertainment: "Joe Malone"</b> 1:30 Afternoon Stroll 2:30 Discussion Groups 4:00 <b>Namaste Wellness Chair Tai Chi</b> 6:30 Grace and Frankie 7:10 <b>MLB: Red Sox vs Kansas City</b></p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 <b>Green Thumb's Club</b> 1:30 <b>NALW: Ice Cream Social</b> 2:30 Manicures &amp; Hand Massages 3:30 Guided Meditation 4:10 <b>MLB: Red Sox vs Kansas City</b> 6:30 Short Stories Session 7:00 Game Show Gathering</p>
<p>9:30 Daily Chronicle 10:00 Sunday Service 11:00 <b>Jewelry Making Hour</b> 1:00 <b>NFL: Patriots @ Pittsburgh</b> 1:30 <b>Live Entertainment: "Paul and Kelsey Music"</b> 2:30 Courtyard Stroll 3:30 Hand Massages &amp; Nail Care 6:30 Armchair Travel: "Rick Steve's Travelogue"</p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 10:30 <b>Yoga with Suzanne</b> 11:00 <b>Pet Therapy Session</b> 1:30 Cooks in the Kitchen 2:30 <b>iN2L Explorations: "Trivia Through the Decades"</b> 3:30 Adult Coloring Group 4:00 <b>Namaste Wellness Chair Yoga</b> 6:30 The Golden Girls</p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 <b>Catholic Mass w/Father Tom</b> 1:30 Finish the Lyrics 2:00 <b>Live Entertainment: "Mark Davis"</b> 6:30 Game Show Trivia 7:10 <b>MLB: Red Sox vs Toronto</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 12:00 <i>Outing: Olive Garden</i> 1:00 Making Lemonade 2:30 iN2L Explorations 3:30 <b>Namaste Wellness Chair Yoga</b> 6:30 I Love Lucy Marathon 6:40 <b>MLB: Red Sox @ Cincinnati</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Music with Amanda SSC</b> 11:00 <b>Creative Art Class</b> 1:30 Manicures &amp; Hand Massages 2:30 <b>Ladder Ball Game</b> 3:30 Lower Body Fitness 6:30 Movie: Resident's Choice 7:05 <b>MLB: Red Sox @ NY Yankees</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 11:00 <b>Pet Therapy Session</b> 1:30 <b>Live Entertainment: "Kaitlyn Mazzilli SSC"</b> 2:30 Reading and Relaxation Hour 4:00 <b>Namaste Wellness Chair Tai Chi</b> 7:05 <b>MLB: Red Sox vs NY Yankees</b></p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 <b>Green Thumb's Club</b> 1:05 <b>MLB: Red Sox vs NY Yankees</b> 2:30 <b>Manicures &amp; Hand Massages</b> 3:30 Guided Meditation 6:30 Reading and Relaxation Hour 7:00 Game Show Gathering</p>
<p>9:30 Morning Gathering 10:00 Catholic Mass on TV 11:00 This Day in History 1:00 <b>NFL: Patriots vs Baltimore</b> 1:30 <b>An Afternoon w/Ted Powers</b> 2:30 Karaoke Hour 3:30 <b>Live Entertainment: "Michael Leidig on Piano"</b> 6:30 Armchair Travel: "Rick Steve's Travelogue"</p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 10:30 <b>Yoga with Suzanne</b> 11:00 <b>Pet Therapy Session</b> 1:30 Cooks in the Kitchen 2:30 Zumba Chair Exercise 3:30 Adult Coloring Group 4:00 <b>Namaste Wellness Chair Yoga</b> 6:30 The Golden Girls 7:10 <b>MLB: Red Sox vs Baltimore</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Namaste Wellness Chair Pilates</b> 11:30 Toss and Chat 1:30 Finish the Lyrics 2:30 <b>Cornhole Competition</b> 3:30 Karaoke Hour 6:30 Game Show Trivia 7:10 <b>MLB: Red Sox vs Baltimore</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 11:00 <b>Live Entertainment: "Montello North"</b> 12:00 <i>Outing: Boat House Bistro</i> 1:30 Mindful Mandalas 2:30 iN2L Explorations 4:00 <b>Namaste Wellness Chair Yoga</b> 6:30 I Love Lucy Marathon 7:10 <b>MLB: Red Sox vs Baltimore</b></p>	<p>9:30 Daily Chronicle 10:00 Sit and Be Fit Exercise 11:00 <b>Adult Coloring Group</b> 1:35 <b>MLB: Red Sox vs Baltimore</b> 2:30 <b>Finish the Phrase</b> 3:30 Lower Body Fitness 6:30 Movie: Resident's Choice 7:00 Music and Relaxation Hour</p>	<p>9:30 Daily Chronicle 10:00 <b>Balance Barre Fitness with Lifelong</b> 11:00 <b>Pet Therapy Session</b> 1:30 Afternoon Stroll 2:30 Puzzle Enthusiast Group 4:00 <b>Namaste Wellness Chair Tai Chi</b> 6:30 Grace and Frankie 7:07 <b>MLB: Red Sox vs Toronto</b></p>	<p><b>In honor of National Assisted Living Week, please join our daily celebrations throughout the week of September 11<sup>th</sup> - 17<sup>th</sup>!</b></p>